

5th Sunday in Ordinary Time

February 5, 2023



Kentville Parish Office
Monday, Tuesday & Friday
9:00 am to 1:00 pm
Box 486, 48 Belcher St., Kentville, NS
B4N 3X3
902-678-3303
Jennifer Hilborn
parishoffice_kentville@corpuschristins.ca

Digby Parish Office
Tuesday, Wednesday, Thursday
9:30 am – 5:00 pm
Box 190, 110 Queen St., Digby, NS
B0V 1A0
902-245-2115
Pamela Cosman
parishoffice_digby@corpuschristins.ca

Website: www.corpuschristins.ca
FaceBook: www.facebook.com/corpuschristins

YouTube: www.youtube.com/corpuschristins
Instagram: [corpuschristins](https://www.instagram.com/corpuschristins)

Please forward all notices for bulletin to bulletin@corpuschristins.ca before 5:00 pm on Monday.



This Week's Readings

| | 1st Reading | Gospel |
|--------------|-------------------------------|-----------------|
| Sun, Feb 5 | Isaiah 58:7-10 | Matthew 5:13-16 |
| Mon, Feb 6 | Genesis 1:1-19 | Mark 6:53-56 |
| Tues, Feb 7 | Genesis 1:20 -2:4 | Mark 7:1-13 |
| Wed, Feb 8 | Genesis 2:4-9, 15-17 | Mark 7:14-23 |
| Thurs, Feb 9 | Genesis 2:18-25 | Mark 7:24-30 |
| Fri, Feb 10 | Genesis 3:1-8 | Mark 7:31-37 |
| Sat, Feb 11 | Genesis 3:9-24 | Mark 8:1-10 |

Community's Email Addresses

| | |
|--------------|--|
| St John | windsor@corpuschristins.ca |
| St Francis | wolfville@corpuschristins.ca |
| St Joseph | kentville@corpuschristins.ca |
| St Anthony | berwick@corpuschristins.ca |
| St Monica | middleton@corpuschristins.ca |
| St Alphonsus | bridgetown@corpuschristins.ca |
| St Louis | annapolisroyal@corpuschristins.ca |
| St Patrick | digby@corpuschristins.ca |
| St Joseph | weymouth@corpuschristins.ca |

Giving to Corpus Christi Parish

There are many ways to donate to Corpus Christi Parish:

1. Weekly Offertory Envelopes
2. Cash donations
3. E-Transfers to finance@corpuschristins.ca, include your name and church
4. PAR (Pre-Authorized Remittances)
5. Through the mail, send to Kentville Parish Office

*Our parish thanks you for your financial support.
How else could we fulfill our mission?*



Chris Palmer
MLA KINGSWEST

OFFICE HOURS
Mon to Fri
9am to 12pm
1pm to 4pm



195 Cottage St., Berwick, NS
Tel: 902-375-2554
Toll Free: 888-701-2554
Email: chrispalmermla@gmail.com
Facebook: [@chrispalmerkingswest](https://www.facebook.com/chrispalmerkingswest)
Instagram: [@palmerkingswest](https://www.instagram.com/palmerkingswest)



Lindsay Windsor
Funeral Home
Ask about pre-planning.

(902) 798-2232
194 King Street, Windsor
www.lindsayswindorfuneralhome.com



Mass Times & Intentions

SATURDAY, FEB 4

| | | |
|------------|---------|---|
| Bridgetown | 4:00 PM | Mel Bateman by Patsy Sabean |
| Kentville | 4:00 PM | Alden Young by Joan & Family |
| Digby | 4:00 PM | Clifford Mullen Jr. by Marilyn & Family |

SUNDAY, FEB 5

| | | |
|------------------|----------|--|
| Windsor | 8:30 AM | Steve Gaudet by Laura Joyce |
| Annapolis Royal | 9:00 AM | Frank Pugh by Pat & Al Dill |
| Berwick | 9:00 AM | Isabel Chisholm by Carolyn Turner |
| Kentville/Online | 10:15 AM | Deceased Members of the Hawley & Landy Families by Carmen & Francis Hawley |
| Middleton | 11:00 AM | Intentions of Marg Jackson (L) by Carolyn Gilbert |
| Weymouth | 11:30 AM | Maximien Doucet by Rosa & Family |
| Wolfville | 11:45 AM | Souls in Purgatory by Wayne Barry |

TUESDAY, FEB 7

| | | |
|-----------------|----------|------------------------------------|
| Kentville | 8:30 AM | Michael Walsh by Helen Walsh |
| Annapolis Royal | 10:00 AM | Stephen Caron by Eric & Leah Brown |
| Digby | 6:30 PM | Raymond Schan by Fr Raymond |

WEDNESDAY, FEB 8

| | | |
|-----------|---------|---|
| Kentville | 8:30 AM | St Joseph's CWL |
| Middleton | 9:00 AM | Intentions of Blanche Therrio (95th B-day) by Carolyn Gilbert |
| Weymouth | 4:00 PM | Scott Huntley by Marion & Greg MacDonald |

THURSDAY, FEB 9

| | | |
|-----------|---------|---|
| Kentville | 8:30 AM | Healing for Judy Doyle by Tom & Peggy Foley |
| Berwick | 9:00 AM | Wayne Knox by Judy & Family |
| Weymouth | 4:00 PM | Wayne Comeau by Marion & Greg MacDonald |

FRIDAY, FEB 10

| | | |
|-----------|---------|---|
| Kentville | 8:30 AM | Intentions of Nancy Henry by a Friend |
| Digby | 9:00 AM | Clifford Mullen Jr. by Marilyn & Family |

SATURDAY, FEB 11

| | | |
|------------|---------|--|
| Bridgetown | 4:00 PM | <i>Liturgy of the Word with Communion</i> |
| Kentville | 4:00 PM | Hilda Dunn by Norma & Ann MacDougall |
| Digby | 4:00 PM | Judy Williams by Carl Saulnier's Family |

SUNDAY, FEB 12

| | | |
|------------------|----------|---|
| Windsor | 8:30 AM | Intentions of Ann-Marie Bottrill by Laura Joyce |
| Annapolis Royal | 9:00 AM | Albert Amaghan & Mary Anna Walters Amaghan by Anna Alberta Amaghan & Family |
| Berwick | 9:00 AM | <i>Liturgy of the Word with Communion</i> |
| Kentville/Online | 10:15 AM | Darryl Crossman by St Joseph's CWL |
| Middleton | 11:00 AM | <i>Liturgy of the Word with Communion</i> |
| Weymouth | 11:30 AM | Deceased Family Members by Helen Melanson |
| Wolfville | 11:45 AM | Deceased Members of Paul Young's family & Loved Ones |

2022 Income Tax Receipts: These are available for pickup.

Special Envelope Collection: On Feb 12, there is a special collection envelope for **Pro-Life Assistance**. These donations for Pro-Life are forwarded to two local organizations, 20% goes to Birthright and 80% goes to Nova Scotians United for Life.

St. Francis, Wolfville seeks musician(s) to join the **Music Ministry Team**. Our keyboard is capable of transposition, there are microphones and an amp with open channels available for guitar or other instruments. Ability to lead hymns, psalm and parts of the Mass required. Currently have a team of cantors who prefer accompaniment. If interested or to learn more, please email Suzie: suzie_blat@hotmail.com

Corpus Christi Catholic Books & Gifts: In *Confessions*, St. Augustine reveals the transformation of his life to Christ - intellectually, philosophically, and spiritually - and the changes in his teachings, actions, and ministry. With honesty and humility, he shares his conversion to the unity of reason and faith. The story of salvation is manifested in his own life - God desiring us and us seeking God in truth and love. Available for purchase (\$11.95) or on loan at St. Monica's church hall after Sunday Mass, or call Mary Crooks 902-825-6495.

Marian Prayer Hour: You are warmly welcomed to a Marian Prayer Hour on Saturday, **February 4** at 11am at St. Monica's Church (Middleton). In honor of the feast of Our Lady of Lourdes, we will pray for all our parishioners and loved ones who are ill; homebound; in hospital or hospice; receiving long term care or palliative care; their families and caregivers; health care workers and volunteers; and all who are in need of hope and companionship, especially those who feel forgotten, frightened or alone. Hosted by St. Monica's Catholic Women's League.

Ladies' Prayer Breakfast

You are invited to the Ladies' Prayer Breakfast at **St Anthony's Parish Hall (Berwick)** on Saturday, **Feb 4** at 9:00-11:00 am (8:30 for set up). Before COVID interrupted our everyday lives, we at St Anthony's hosted a wonderful women's get together which included prayer, scripture, a reflection, and personal intentions. It was topped off with a choice of breakfast items provided by the members and a chance for some great conversation in a relaxed and friendly atmosphere. The Ladies' Prayer Breakfast will occur the 1st Saturday of each month. *All are welcome!*

This group originally started with about 10 members in 2011 and gradually grew to 20. Not everyone was from the St Anthony's community, as we had ladies join us from other communities in our parish as well as from other church denominations. We are hoping you will join us in creating a new spiritual endeavour in which we can all grow in love and faith. Should you have any questions or suggestions, please call Judy Griffith-Coulombe 902 -538-0117.

St. Monica's (Middleton) Catholic Women's League will meet on Monday, **February 6** at 2pm in the church hall. All members and interested women are welcomed to come and share in companionship to warm the heart and spirit.

Games Night – St Anthony's (Berwick) Suffering from the winter blahs?? We have just the remedy you are looking for!!! On Friday **February 10th** at St. Anthony's Parish Centre at 7pm, come and join with friends for the first Games Night since Covid-19. Bring along a deck of cards, board game or anything you like and also a snack to share. It's warm and cozy inside and fun to be out with friends! *Hope to see you there!*

Hospitality Time - St. Joseph's (Kentville)

Join us for coffee/tea and snacks ... after the 10:15am Mass *next* Sunday, **Feb. 12th**

Sponsored by the Knights of Columbus

Shrove Tuesday Pancake Suppers

St Anthony's, Berwick, Feb 21 - Eat In or Take Out from 4:30-6:30 pm. Free will offering for Development & Peace. Some of the Men of St Anthony's & Friends will be our chefs.

St Monica's Hall, Middleton, Feb 21 – Eat In, from 5:00-6:30 pm. Free will offering. Supper held by Knights of Columbus Bishop Gallagher Council 6297.

February 18: A choral workshop, "**Let's Sing Together**," led by local composer Gary Ewer, will be held in St. Luke's Anglican Church Hall, **Annapolis Royal**, from 10am to 3pm, with a light lunch provided at noon. Cost is \$25.00. Please register by February 15 as the hall's capacity is 60 people. To register, contact John Bottomley at johnbo@eastlink.ca or 902-532-0654.

Coldest Night of The Year (CNOY) Walk

Saturday, Feb 25th - Kentville

Coldest Night of The Year Walk in support of **Open Arms Outreach**.

Hope for the Hapless, Hungry and Homeless.

Join a team, walk alone, check out the site - CNOY.org or contact Kathy Rogers 902-678-6994 or 902-680-5107.

Knights of Columbus Bishop Gallagher Council 6297, Middleton - February 19, 2023, is the monthly Knights Mass, in addition to the regular Mass we will be remembering the Deceased Knights of Council 6297. When you see men in our Churches wearing a yellow and white Baldric, they are Knights of Columbus which is a group of Catholic gentlemen working to support many different charitable organizations in your community. You can ask any of those men what we do in the community and how you can join us in our charitable good works.

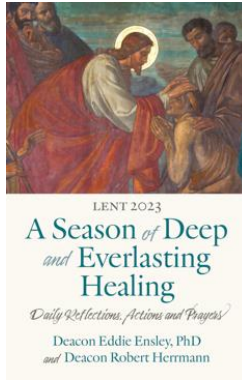
Love Thyself

by Fr. Richard Rohr o.f.m.

There's no way you can love until you forgive yourself for not being perfect, for not being the saint you thought you were going to be. To use Franciscan imagery, until you've leapt across the chasm and embraced the leper, until you've recognized that really the leper is not on the other side of the chasm but the leper is, first of all, the leper within, you won't really know your passion, or be capable of com-passion.

Compassion comes from a spacious place where a lot of things are put together and co-exist, where we recognize, forgive and make friends with the enemy within. There's nothing you hate, there's nothing you fear over there in other people that you haven't met and forgiven in your own soul. The passionate struggle with your own shadow becomes compassion for the struggles of our neighbour.

from The Passion of God and the Passion Within



Booklet – Lenten Daily Readings are now available ... \$2 offering

Unbound (Freedom in Christ)

“We need no longer carry the guilt and shame of our shortcomings and sinfulness that prevents us from living the fullness of life offered by the Father; rather, we become unbound as we seek our freedom in Christ.”

Unbound (Freedom in Christ) is an 8-week course which is centered on prayer, enabling us to deal with that which what keeps us from entering fully into the family of God. The Unbound course will focus on the 5 keys designed to deliver us from the darkness in our lives to the light found in Christ.

*****We will begin our *Unbound* course (online via Zoom) on Wednesday evenings from 6:30 to 8:30, February 15 to April 12.**

*****Please email Deacon Dave Hasler at (davehasler21@gmail.com) on or before February 10 to ensure enough support along with course material that will be available.**

Recent testimonials:

Unbound working in my life

“I was questioning God in my life and did a lot of praying. It wasn’t until I started Unbound this fall that I realized that God was always with me. I just had to call on him but I was wrapped up in my family problems. I now know how temptation can enter into my life but I now realize that the Holy Spirit is stronger now in my life and God the Father is always there; I just have to call on him. I praise God the Father, Jesus Christ and the Holy Spirit.” - Anonymous

What a gift the experience of Unbound was!

“We all carry wounds and baggage from hurts caused to us, from sins and from our lived experiences that lead us to be stuck and blocked from receiving the love and abundant joy that God wants to give us. The lies of unworthiness and the more we hear so early or often in our life have become so familiar that we wear them like an itchy old sweater we can’t let go of. Participating in Unbound introduced me to tools to recognize the things in my life that came between me and God and showed me that we all struggle with weaknesses. We journeyed in our group through explanations of how we become stuck and practice with tools to become free. We are not alone in struggle, we are not alone in hope and together with the grace of God and the power of the Holy Spirit and the love of Jesus we can be unbound. God invites all of us to greater freedom, greater love and life abundant.” - Anonymous

To Fall In Love

by Fr. Ron Rolheiser o.m.i.

To fall in love! We use the expression to cover many things. You can fall in love with a baby, a sports team, a city, a job, or another person. However, we reserve the prime analogate for this expression for one thing, emotional infatuation, that intoxicating feeling we first get when we meet someone who we sense as a soulmate.

Iris Murdoch once wrote that the world can change in fifteen seconds because that's how quickly you can fall in love with someone. She's right, and falling in love emotionally can literally paralyze us with a grip so strong that even death seems preferable to losing the one with whom we have fallen in love. Countless heartaches, broken hearts, depressions, clinical breakdowns, suicides, murders, and murder-suicides testify to this. Emotional infatuation can be a deadly addiction, the most powerful cocaine on the planet. Where does it come from? Heaven or hell? And, what's its meaning?

Ultimately, God and nature are its author and that tells us that it is a good thing. We are built for this to happen to us. Moreover, it is a healthy thing, if properly understood, both in its intoxicating power and in its innate failure to be a sustaining power in love.

What happens when we fall in love so powerfully with someone? Are we really in love with that person or are we more in love with being in love and the feelings this brings us? As well, are we really in love with that person or are we in love with an image of him or her we have created for ourselves, one that projects a certain godliness on to that other?

Let me risk some answers. Imagine a man falling deeply in love with a woman. Initially, the feelings can be overpowering and literally paralyze him emotionally. However, inside of all this, a certain question begs to be asked: with whom or with what is he really in love? His feelings? The archetype of femininity the woman is carrying? His image of her? She herself?

In reality, he is in love with all of these: his feelings, his image of her, she herself, and the divine feminine she is carrying. All of that is of one piece inside of his experience. As well, all of this can be healthy at this stage of love.

God invented emotional infatuation, just as God invented honeymoons. We are not meant to be drawn to each other by cold analytics alone. But, this kind of falling in love is an initiatory stage in love (albeit a delightful one) that needs to be understood exactly for what it is, an initiatory stage, nothing more, one that invites us into something deeper. Emotional infatuation is not yet a mature stage in love. Unless one dies in its grip, as did Romeo and Juliet, it will one day lose its hold on us and leave us disillusioned. When Iris Murdoch said that we can fall in love in fifteen seconds, she might also have added that, sadly, we can also fall out of love in fifteen seconds. Emotional infatuation can be that ephemeral, both in its birth and in its dying.

So falling in love (in this emotional way) comes fraught with certain dangers. First, there is the adolescent proclivity to identify this with deep love itself. Consequently, when the powerful emotional and psychosexual feelings let go, the person easily concludes that he or she is no longer in love and moves on. Next, more subtly, there is this danger. When we are in this initial gripping stage of love, our image of the other carries with it a certain godliness. What's meant by that?

St. Augustine coined this timeless dictum: *You have made us for yourself, Lord, and our hearts are restless until they rest in you.* Hence, nothing in life can ever really be enough for us. We are always restless, always yearning for something more. However, in this initial phase of love, when we have fallen into the grip of emotional infatuation, for a time *the other is enough for us.* That's why Romeo and Juliet could die happy. At this stage of love, they were enough for each other.

However, the hard truth is that infatuation does not last. The other person, no matter how wonderful he or she might actually be, is not God and can never be enough (and we are unfair to him or her when we unconsciously expect them to be enough). For a while, they are able to carry that godliness for us, but that illusion of godliness will eventually break and we will realize that this is just a person, one person, wonderful perhaps, but finite, limited, and not divine. That realization (which is ultimately meant to be the ground for mature love) can, if not understood, jeopardize or sour a relationship.

God invented falling in love! In it, we get a little foretaste of heaven, though, as experience tells us, that is not without its dangers.